

INDEX

Indian Orchard: 4
Opinion: 6
In The Classroom: 8
Sports: 9
Obituaries: 11
Notices: 11
Classifieds: 14



The REGISTER

LOCAL NEWS | LOCAL STORIES | LOCAL ADVERTISERS

A TURLEY PUBLICATION | www.turley.com

March 25, 2020 | Vol. 77, No. 47

www.register.turley.com

NEWSLINE

INDIAN ORCHARD

Survival Center operational during virus outbreak



SEE PAGE 4

IN THE CLASSROOM

STCC unveils Fire Investigation Transfer program



SEE PAGE 8

IN SPORTS

Lusitano Club honors soccer all-stars



SEE PAGE 9

Athlete of the Week



SEE PAGE 10

DATEBOOK

Upcoming events

QUILT SHOW will be presented by the Pioneer Valley Quilters on Saturday, May 2, and Sunday, May 3, at the Elks Lodge #61, 440 Tiffany St., Springfield. Admission is \$10; free for 12 and under.

SEE PAGE 12

Stores, restaurants take precautions during the COVID-19 pandemic

By Jonah Snowden
jsnowden@turley.com

LUDLOW — As of March 24 at noon, Massachusetts Governor Charlie Baker has closed all non-essential businesses to workers, customers and the public. This order will remain in effect until April 7 at noon.

Since the announcement of State of Emergency, supermarkets have been taking precautionary measures to ensure each customer that visits is in a clean, and safe environment.

Big Y in Ludlow, for example, is having their employ-

ees practice social distancing, and washing their hands every chance they get. Also, they are cleaning and sanitizing every part of the store, including the payment terminals, as much as possible. The food court has also been shut down, to prevent mass gatherings from taking place.

For the time being, the hours have also been changed to 8 a.m. to 8 p.m. from Monday to Sunday. This does not include senior citizens, who have will have a grace period from 7 a.m. to 8 a.m. to get their shopping done.

Store Director Ryan Peterson said that closing early will allow the store to prepare for any shipments that may be coming in, getting the shelves restocked, and give the employees more time to clean up and sanitize the supermarket.

"We're trying to stay ahead of anything, and make it safe for everyone else," said Peterson.

In Governor Baker's March 24 emergency order, Baker encouraged restaurants, bars and other establishments that sell food and beverage products to the public to continue selling these products, as long as they

follow social distancing protocols and offer food for take-out and delivery.

Ludlow Central Bakery owner Jack Santos said that they are sanitizing everything, wearing gloves when they work, making each order for take-out, and ensuring that they are providing a clean environment.

"We are trying to make everyone happy," said Santos.

He also said that the public should know that they have fresh bread and have been doing a great job selling it.

Please see **COVID-19**, Page 4

"This too will pass"

Selectman Carmina Fernandes first coronavirus case in town

By Elise Linscott
elinscott@turley.com

LUDLOW — Board of Selectmen vice-chair Carmina Fernandes has tested positive for COVID-19 and shared through Facebook that she's been showing signs of improving.

Fernandes got the positive test results on Saturday, she wrote in a comment in a Ludlow open Facebook forum. Town officials also announced the first confirmed case of COVID-19 in Ludlow that day.

"I just received my results today... and yes, I felt it was important to share so people understand that the virus can and will affect us here in Ludlow," Fernandes wrote in a Facebook comment. "All we have to do to get through this is isolate ourselves because even someone who does not have symptoms could be passing the virus on. If we all do this we have nothing to worry about. This too will pass."

On Sunday, Fernandes posted another update and said there was "continued good news."

"My breathing remains stable!" Fernandes wrote. "Instead of feeling like I had an elephant on my chest, now it

Please see **FERNANDES**, Page 5

Hampden County Sheriff pauses inmate visits; makes operational changes



Turley Publications Submitted photo

The Hampden County Sheriff's Department held a press conference March 16 to announce temporary operational changes.

By Elise Linscott
elinscott@turley.com

The Hampden County Sheriff's Department is making several operational changes in light of the coronavirus pandemic, including temporarily pausing inmate visits and requiring professional visitors to

wear face masks.

The department recently had one person placed in preventative medical quarantine for showing symptoms potentially associated with COVID-19, according to a press release. But as of March 13, that person was symptom-free and determined not to be ill and was removed

from preventative medical quarantine.

The department last week held a press conference and announced a number of temporary operational changes, including pausing inmate visits for 60 days or until the threat of

Please see **CHANGES**, Page 5

Share your experiences with us

Note to readers:

The Ludlow Register would love to share how you are coping with the efforts to stop the spread of the corona virus and its accompanying disease, COVID-19. If you would like to let us follow you by phone, email and photos as you go about coping with children at home for the next few weeks,

whether you work inside or outside the home, send an email to elinscott@turley.com. If you would rather send just send photos in or write essays about how it is going we would love to have those too. Please send all emails to elinscott@turley.com with photos, essays, or for more information or to volunteer to be part of our ef-

fort to document how people are coping with these new circumstances.

If children want to contribute please send artwork, essays and photos on as well. Please include full names and telephone numbers if you would like to be reached. Stay safe.

Thanks,
Elise Linscott, Editor

LUDLOW

Chapin Street Building Committee gives update on Harris Brook Elementary School

By **Jonah Snowden**
 jsnowden@turley.com

LUDLOW – On March 19, the Chapin Street Building Committee held a remote meeting for updates on the progress of the new Harris Brook Elementary School, an approximately \$60 million project that is expected to be completed by fall 2021. Christopher LeBlanc, Senior Associate with the Mount Vernon Group Architects, said the process of information for the contractor, onsite meetings, and inspections are going as planned. He also said that the roof system, air and vapor barrier, installation and roof membrane, roof curbs for equipment, rough piping for drains, and stairwells for the building are in the process of being installed,

when weather permits. The remaining grounds slabs for the pours are schedule to take place. The pour for elevated slabs is also scheduled to take place in between Friday, Mar. 20, and Monday, Mar. 23. LeBlanc also said that the excavation for utilities will continue along with preparation of the gravel subbase to prepare for parking lots and laydown, as the activity and number of workers increase. Also, once a roof is put on, and the floor is slabbed, fire proofing, exterior studing and sheathing will also take place. “A broad range of activities is starting to take place, much of which will start to be visible from the street, and to the residents,” said LeBlanc. Once LeBlanc finished informing the committee of what was taking place at

the construction site, Superintendent of the Ludlow Public Schools Todd H. Gazda asked him if there will be any delays due to COVID-19. LeBlanc said that Fontaine Brothers Inc., the contractor, does not anticipate settling down unless they are directed to shut down by the state. To adjust to the news of COVID-19, handwash stations have been installed, and the site has been closed to visitors. “They’re doing what a lot of businesses are doing, and trying to make it a safe site,” said LeBlanc. “Short of being shut down by someone else, they plan on continuing to progress with the work.” LeBlanc also said that the contractors have asked to have submittals expedited so they can procure as much material as possible.

Evan Warner, Senior Project Manager at STV/DPM, said that regarding the procurement of materials, they are likely to see information of stored materials and the transfer of title and insurance on the contractor’s requisitions. He said that this is a normal construction payment vehicle for items stored offsite, and that the transfer of title gives ownership to Ludlow for those materials. The insurance says that an if an incident occurs, there will be a reimbursement. “All of these measures are to try to make sure that we’re being impacted by the situation as least as possible,” said Warner. For more information on Harris Brook Elementary School, or to get a live view of the construction, visit <http://www.ludlowps.org>.

Cash flow relief for small local business

On Sunday, Governor Baker announced new measures for administrative tax relief for small local businesses impacted by COVID-19, especially in the restaurant and hospitality sectors. For small businesses, defined as those who paid less than \$150,000 in 2019 in sales and meals, or room occupancy taxes, the state will be postponing the payment of their respective sales, meals, or room occupancy taxes. 1. Taxes due for March, April, and May will instead be due on June 20. 2. All penalties and interest that would otherwise apply will be waived. 3. The Department of Revenue is currently drafting emergency regulations to put this relief in place and expects them to be finalized before Friday.

DA said all emergency restraining, harassing order case will be heard

NORTHAMPTON – The Office of Northwestern District Attorney wishes to inform residents that emergency restraining and harassment order cases will still be heard despite court closures. Judge Paul C. Dawley, chief justice of the District Court, has issued a standing order to hear emergency cases via telephone or video conferencing until at least April 6. Victims of intimate partner violence are often isolated and live with the risk of abuse on a daily basis. “With this pandemic necessitat-

ing people to distance themselves and remain at home, the isolation is even greater,” said Mary Kociela, director of Domestic and Sexual Violence Programs for the NWDA. “We are concerned and want victims to know that they can call our office, your local police department or local hotlines (numbers below), if they are in danger or would like to file for a restraining order,” Kociela said. Safe Passage – Northampton (413) 586-5066* (888) 345-5282* (toll free) NELCWIT

Greenfield (413) 772-0806* Orange/Athol (978) 544-9857 Toll Free (888) 249-0806* “Going to the courthouse can often be dangerous for victims even without these circumstances, Kociela said. “The court order allowing restraining orders by phone is a great way to help protect victims.” For more information about harassment and restraining orders as well as domestic violence resources, please refer to our website at <https://www.northwesternda.org/domestic-violence>.

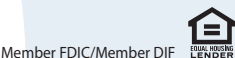
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LUDLOW *Senior* CENTER

Unfortunately, the Ludlow Senior Center will be closing as of 4 p.m. on Mar. 13 until further notice. This was not an easy decision but after many discussions we feel this is the best way

to protect our folks. We will still have essential services by appointment only such as Outreach appointments, AARP tax appointments and external transportation. If you have questions or concerns

please CALL US...we will still be here. 413- 583-3564. Thank you for your patience and understanding.

Jodi Zepke, Director
Ludlow Senior Center

Sullivan takes steps to keep pretrial detainees safe from COVID-19

NORTHAMPTON — In light of the increasing threat that COVID-19 presents to those in the criminal justice system, Northwestern District Attorney David E. Sullivan and his staff have taken proactive measures to reduce the risk faced by pretrial detainees held in local correctional facilities.

The Northwestern District Attorney's Office has commenced a review of all pending cases in Hampshire and Franklin County in which the defendant is held on bail, with the goal of identifying individuals whose release would not endanger the lives and safety of the general public or pose a significant flight risk.

Before the COVID-19 pandemic even reached this area, Northwestern prosecutors sought bail only in those few cases where it was deemed necessary to ensure the person's appearance in court. Consequently, the number of criminal defendants held on bail in the Northwestern District is among the lowest in Massachusetts; and when accounting for defendants who have already been convicted and are now serving sentences, the Northwestern

District has one of the lowest incarceration rates, per capita, in the nation.

When identifying pretrial detainees who may qualify for a bail reduction, the District Attorney's Office is prioritizing: defendants whose bail is \$5,000.00 cash or less, which covers the vast majority of non-violent crimes and misdemeanors; persons 60 or older, who may be at higher risk of illness; and persons whose health or immune systems are compromised. Prosecutors have already identified several detainees who meet one or more of these criteria, and have begun discussing their cases with their defense attorneys.

In addition to conducting this internal review, the District Attorney's Office has encouraged the defense bar to contact the Office with requests to review specific cases, even if they do not necessarily meet the criteria set out above. While recognizing that incarceration is a highly-restrictive environment, our local sheriffs are among the most progressive in the state (if not the nation) in providing a humane and healthy environment for those held

on bail or serving sentences.

At the current time, the Northwestern District Attorney's Office is not inclined to revisit the detention status of those defendants who the courts have deemed too dangerous to release pursuant to G.L. c. 276, § 58A, or those defendants whose bail has been revoked based on their commission of a new offense while already out on bail or pretrial release. Although cognizant of the dangers posed by the current health crisis, prosecutors must also be mindful of the dangers that these individuals would pose to victims and public were they to be released. Sullivan is advocating for release of low-risk, non-violent inmates where appropriate, through the Department of Correction, our local sheriffs, and the Parole Board.

Sullivan looks forward to continuing his Office's collaboration with all stakeholders in the criminal justice system to strike the right balance between protecting the health, safety and constitutional rights of the accused, with the duty to protect and serve the community at large.

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INDIAN ORCHARD

Survival Center operational during virus outbreak

Donations, services scaled back for safety

By Tyler S. Witkop
Staff Writer

INDIAN ORCHARD – Hunger never takes a vacation, even during a pandemic.

For hundreds of residents locally, the Community Survival Center is a vital resource keeping their families fed each day. As businesses, government and organizations nationwide respond and take drastic measures to keep individuals safe amid the outbreak of the new coronavirus, COVID-19, so have the staff of the Survival Center.

“We’re doing our best,” said Mary Cassidy, executive director of the center that serves the towns of Hampden, Ludlow, Wilbraham and the Springfield neighborhoods of Indian Orchard, Sixteen Acres and Pine Point. “We are taking this one day at a time but obviously, future cuts will have to happen.”

Cassidy said that at present, amid calls for social distancing – keeping six-feet of separation between others – they are limiting the waiting area to three people at a time and five people in either the Thrift Shop or Food Pantry. They have also suspended all volunteers.

In terms of donations, Cassidy said they will only accept donations of food and money.

“Fortunately we still have a lot of wonderful people in the churches and the faith community, and individuals who continue to support us,” she said.

Monetary and food donations account for the bulk of both resources. According to the annual report for fiscal 2019 (July 1, 2018-June 30, 2019), total financial contributions amounted to \$287,733. Groups provided \$13,461 and businesses gave \$10,585. The Survival Center’s Thrift Shop, which is open to anyone and helps fund the operation, contributed \$100,600.

In terms of food donations during that time, the Survival Center received 196,226 pounds of food. Of that amount,



The Community Survival Center, 240 Main St. in Indian Orchard, remains open to those in need, limited to five people at a time. At this time they will only accept monetary and food donations.

87,018 pounds were distributed through the Emergency Food Program. The Survival Center purchased 5,693 pounds to distribute.

Last year, Cassidy said the National Association of Letter Carriers, who collect non-perishable food donations in the mailboxes of communities including Ludlow and Wilbraham around Mother’s Day each year, delivered a record 31,546 pounds of food. With health concerns and closures, she’s concerned that this year’s drive may not happen.

“People are worried about keeping their own families fed,” she said.

The Survival Center offers several food programs for folks and families in need. The Emergency Food Program offers a four- to five-day supply of necessary food to families within the service area up to six times during the fiscal year (July 1-June 30).

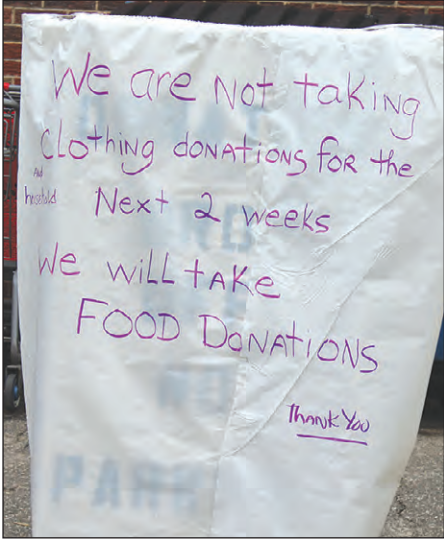
To utilize the service, participants must provide a verification of address with a current piece of postmarked mail for all adults in the household, provide verification of total monthly income that

must fall within USDA guidelines, and provide a rent receipt, mortgage statement or property tax bill.

A Preschool Program is available for those utilizing the Emergency Food Program. Participants receive 20 nutritious breakfasts, lunches, snacks and, when available milk and juice. Food comes in the form of bagged groceries. Families commit to picking up the food once a month until the child is able to attend school full-time. A birth certificate or health insurance card is required to verify each child in the household.

Additionally, the center operates a Senior Program available to any senior citizen in Hampden County. Seniors receive 12 bags weighing 20 to 22 pounds – one for each month of the year – to any and all low-income senior households. To participate, seniors must bring current postmarked mail and verification of household income on their first visit of the fiscal year.

While the calls for social distancing and limitations imposed on gatherings have only been underway a short time,



A sign posted outside the building informs community members that for the next two weeks, the Community Survival Center will only accept food donations brought to the building at 240 Main St. Indian Orchard.

Cassidy said donations have already begun to slow. This, she said, is concerning, as the center had seen an uptick in new faces for months prior to the pandemic.

“We have been seeing an average of 20 new families a month to the Food Pantry,” she said. “Many people who come do work.”

Those visiting the Survival Center to use the Food Pantry will receive four to five days’ worth of food, she said. Last year, due to an increase in food donations, the center was able to give a six day supply of food.

“Most people are OK with that,” Cassidy said. “They understand the need.”

Those who do have donations of food may still bring them to the Survival Center, located at 240 Main St. in Indian Orchard. Cassidy said donors can stay in their vehicle while staff meet them outside to take the donations. Monetary donations can be mailed or made online.

For more information or to donate, call 543-3930 or visit communitysurvivalcenter.org.

CORVID-19 from Page 1

Another business that said they’re following the social distancing protocol is the Jane Alden Dairy Store on N. Main Street, Palmer.

Gita Patel, the manager, said that they are choosing to stay open, and are keeping a distance from the customers, cleaning everything they touch, including the doors they open and close, and are restricting social gatherings inside the store.

She also said that essential items,

such as milk can be purchased at the store, but as of March 20, they had run out of toilet paper.

For questions or information of products the store sells, call 413-283-5218, or visit their Facebook page, under the same name as the store.

Another local supermarket that has been taking necessary precautions is Adams Hometown Market, located in Monson on Main St.

At a store level, manager Jeffrey Prindle said that they are trying to get their orders out way in advance, and trying to

make sure that their customers have all of the essential items that they will need, such as meats and produce, since there is a limit of these items going through the pipeline right about now.

Prindle said that certain departments from a service end have been shut down, so the employees can avoid any hand-to-hand contact. This means the market’s hot foods program is discontinued as of now, the market’s deli is offering pre-sliced meat, and they are also not selling single units of bagels, to avoid having customers reaching into bins.

He said that they are very focused on providing their customers the basic needs, “to make sure people have what they need for this temporary crisis.”

As for store hours, the market is

now open from 8 a.m., to 8 p.m. and is allowing a grace period for senior citizens, first responders, and anybody who is immune compromised, to do their shopping between 7 a.m. and 8 a.m. Employees will also be at the door to ensure that they are the only ones doing their shopping so that they have a chance to get the essential items they need without the struggles of large crowds.

Regarding cleaning, the market has three deep cleanings at 7 a.m., 11 a.m., and 3 p.m., and again when the store closes. Employees also sanitizing their hands minute by minute and wearing gloves while they work. For more information on the market, visit <https://www.adamshometownmarkets.com/>, or call 413-267-3144.

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Local leaders deliver meals on wheels in celebration of “March for Meals” event at WestMass ElderCare

Support will help to fight senior hunger and isolation

In celebration of the 18th Annual March for Meals – a month-long, nation-wide celebration of Meal on Wheels and the vulnerable seniors who rely on the vital service to remain independent at home – WestMass ElderCare (WMEC) hosted local leaders and Congressional Aides at a “March for Meals” Open House at their Meals on Wheels kitchen today.

Among the guests who attended were Koby Garder-Levine, Aide to U.S. Congressman James McGovern; Jeanne Ahern, Aide to U.S. Congressman Richard Neal; and Derek Debarge, Chairman, Ludlow Board of Selectmen.

After taking a tour of “Nutrition Central,” the kitchen where WMEC heats and sends out over 1,200 daily meals to area seniors, Mr. Garder-Levine, Ms. Ahern, and Mr. Debarge were each paired with a Meals on Wheels Driver and then headed out to deliver lunch to elders in their districts.

Ms. Ahern, who delivered meals to Congressman Neal’s constituents in Chicopee, said she learned so much working with WMEC Driver Samuel Aquino today. “Sam is the perfect Meals on Wheels Driver,” she shared. “The people were so appreciative of the meal we brought, and they just beamed when they saw Sam coming. I can’t say enough good things about this experience and this program!”

The annual March for Meals celebration commemorates the historic day in

March of 1972 when President Nixon signed into law a measure that amended the Older Americans Act of 1965 to include a national nutrition program for seniors 60 years and older. Since 2002, community-based Meals on Wheels programs from across the country have joined forces for the annual awareness campaign to celebrate this successful public-private partnership and garner the support needed to fill the gap between the seniors served and those still in need.

“The nutrition services we provide are a lifeline for seniors, and the need is rapidly increasing,” said Roseann Martoccia, WMEC’s executive director. “Our Meals on Wheels Program delivers so much more than just a hot meal. Our drivers are sometimes the only person a senior will

see all day, so this program serves an important safety and social function as well.”

For more information on how you can support the nutrition and safety of seniors in your community this March, visit www.wmeldercare.org and marchformeals.com.

WestMass ElderCare, Inc. is a private, non-profit agency founded in 1974 that serves the communities of Holyoke, Chicopee, South Hadley, Granby, Belchertown, Ludlow and Ware. As part of a national network of Aging Services Access Points and Area Agencies on Aging, WMEC provides a broad range of services to preserve the dignity, independence, and quality of life of seniors and persons with disabilities who desire to remain in their own homes and communities.

FERNANDES from Page 1

only feels like a very chubby toddler. This is a miracle [sic] Any improvement gives me hope. I still have the coughing, although less now, fever, nausea, and diarrhea. But my appetite is back and I have not had the chills all day. Feeling excited, I started to walk around the house and almost fainted. So it seems that the recovery will be slow but steady. Thank you for your

CHANGES from Page 1

COVID-19 passes, authorizing two hours of free phone calls per week and giving each inmate three free envelopes per week.

“These are unprecedented times and to adapt, and best protect our staff, the offenders in our care and the general public, we are taking unprecedented measures that impact virtually every aspect of our operations,” said Hampden County Sheriff Nick Cocchi. “None of these decisions were made lightly and we will continually be evaluating our decisions over the coming weeks to ensure that these changes remain necessary and are the best way to ensure the health and safety of every staff member and person in our care.”

Other operational changes include temporarily stopping all offender-based programming and reducing programming provided by the sheriff’s department; allowing attorney, clergy and court-ordered visits only if they wear face masks and in a non-contact manner; and altering the PVTa’s Stonybrook Express bus line, which is subsidized by the sheriff’s department and which will temporarily stop bringing passengers to the correctional facilities.

Work release employees and community service crews assigned to do restitution will discontinue their work until further notice.

Health services will screen and must approve every request for a transfer from other facilities and the department will not accept a transfer unless the subject has already been in custody for at least 14 days and is shown to be symptom-free.

Non-essential staff have been excused from reporting to work. Meal services for inmates will continue as normal and all medical services will continue with

continued prayers and kind words.”

Town officials said in a press release their “best wishes go out to this individual for a speedy recovery.”

“This is not a time for panicking but common sense, be safe and take care of each other,” officials wrote.

The Board of Selectmen declared a state of emergency in the Town of Ludlow on March 17, in an order signed by four out of the five selectmen except Fernandes.

additional attention paid to the transmission of infectious diseases throughout the department’s facilities, according to the department.

The Western Mass. County Correctional Officer’s Basic Training Academy has also been closed until further notice. Academy recruits will be screened by health services and will be assigned to work in the facilities to assist staff once cleared.

Courts across the state have been temporarily closed since March 16. The department has since been working to increase its capacity for video conferencing.

The Hampden County Sheriff’s Department serves the communities of Agawam, Blandford, Brimfield, Chester, Chicopee, East Longmeadow, Granville, Hampden, Holland, Holyoke, Longmeadow, Ludlow, Monson, Montgomery, Palmer, Russel, Southwick, Springfield, Tolland, Wales, West Springfield, Westfield and Wilbraham.

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The staff writer will cover municipal meetings, features and general news; essentially everything that unfolds in small towns. Assignments will be for both newspapers as well as other companywide publications.

Qualifications should include:

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Ludlow Lions Club Scholarship applications available for high school seniors

LUDLOW - The Ludlow Lions Club is pleased to announce that it is accepting applications for the James and Mary O’Neil (\$20,000 paid over four years), the S. Louis Marceau and the Paul R. Baird scholarships (\$1,000 each).

Eligible applicants must be residents of Ludlow, regardless of the high school attended, and entering freshman year this fall at an accredited college or technical school. The James and Mary O’Neil scholarship is available only to students who will be attending the University of Massachu-

setts Amherst campus.

Applications may be obtained from the Guidance Departments of Ludlow High School or Pope Francis Preparatory School, online at ludlowlions.org and facebook.com/ludlowlionsclub, by request at ludlowlions@yahoo.com or by contacting a Ludlow Lions Club member.

The Scholarship applications must be received by April 1, 2020. Mail applications to the Ludlow Lions Club, Attn: Scholarship Committee, P.O. Box 72, Ludlow, MA 01056-0072.

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15						16			17		
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30							31				
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					43			44			
47	48							50	51	52	53
55						56			57		58
59						60			61		
62						63				64	

CLUES ACROSS

1. As soon as possible
5. Gateway (Arabic)
8. Doctors’ group
11. Madder genus of plants
13. A team’s best pitcher
14. Ancient Greek sophist
15. Go up
16. Neither
17. Bolivian river
18. Manila hemp
20. Comedienne
21. British School
22. Human reproductive organs
25. Surrenders
30. Dog with long, silky coat and drooping ears
31. Sun up in New York
32. Lead alloy
33. Eastern Asian plant

38. Rapid deployment force (abbr.)
41. Japanese warrior
43. Festivity
45. Interruptions
47. Nonsense (slang)
49. Data mining methodology (abbr.)
50. Calvary sword
55. French river
56. Global business conference (abbr.)
57. Afflicted
59. Con man’s game
60. No (Scottish)
61. Jewish spiritual leader
62. Fish
63. Camera term (abbr.)
64. Impudence
67. Dark brown or black

CLUES DOWN

1. A continuous portion of a circle

2. Genus of seabirds
3. Infant’s dining accessory
4. Native Americans from Arizona
5. Popular fruit
6. Poisonous plant
7. Scolded
8. Assists
9. Hand (Spanish)
10. Amazon product identifying system (abbr.)
12. Basics
14. Cain and ___
19. Malaria
23. Indicates particular shape
24. Respiratory disease
25. Central Standard Time
26. Imitate
27. Golf score
28. A place to lay your head

29. Three cards of the same suit
34. Not in
35. Human gene
36. Ancient Chinese philosophic concept
37. French river
39. Thinks up
40. Type of geological deposit
41. Helps little firms
42. Area units
44. A device to remove
45. Secret political clique
46. Polite interruption sound
47. Foundation
48. Clare Boothe ___, American writer
51. Swiss river
52. Prejudice
53. Actor Idris
54. Resistance fighters
58. Speak disrespectfully of

OPINION

EDITORIAL

Coronavirus is a real threat

Americans don't like being told what to do, and the government's been doing an awful lot of telling lately.

Don't eat out. Don't send your kids to school. Don't have a party. Don't watch a parade.

The past week has seen a massive upheaval in almost every aspect of almost every American's life — home, work, recreation. None of it has been welcome. But — to repeat the phrase we all hated when we heard it as children from our parents, our doctors and our teachers — it's for our own good. The point is to protect us from the coronavirus.

The coronavirus that quarantined an entire metropolis in China.

The coronavirus that shut down essentially the whole country of Italy.

The coronavirus is not a possibility or a far-off fear. It's a real thing that has been killing thousands of people around the world. It's here now, and the only way we can stop it is to keep it from jumping from person to person. And the only way to do that is to keep people away from people.

A little skepticism about the claims made by politicians is a healthy thing, especially when they're trying to justify restrictions on freedom of movement and commerce. But this isn't a good time to take a chance on the experts being wrong. Everyone in a position of power is saying the same thing — the coronavirus is a real threat. Federal, state and local officials. Doctors and public health agencies. Business leaders. Politicians from both major parties.

That the American death toll hasn't yet reached the crisis levels of Italy or China is not a testament to some inherent superiority or hardiness of the American public. It's merely a function of the fact that the coronavirus infected those countries earlier. Public health officials aren't responding to actual deaths on our shores. They're looking at how the disease has spread in other countries, and trying to stop it from spreading that way here.

What can you do?

- * Practice good hygiene — wash hands frequently, cough into your sleeve rather than hand, disinfect frequently touched surfaces and items in the home.
- * Stay home. Work from home, learn from home, eat at home. Shop online and have items delivered. Read books and watch television rather than going out for entertainment. Don't host or attend parties.
- * Limit contact between elderly people and young people. Senior citizens are especially susceptible to Covid-19, and children can carry the virus without showing any symptoms.
- * If you begin to experience a fever or flu-like symptoms, call your doctor.

Unfortunately, by the time symptoms appear, the patient has already been carrying — and spreading — the disease for as long as two weeks. Any of us could be infected right now and not realize it, so it's important that all of us work to halt its spread, whether we "feel sick" or not.

The government is forcing some of these choices on us. Schools, senior centers and increasingly town halls are closed. Public gatherings of large numbers of people have been banned. Restaurants are closed for all but takeout and delivery.

Some of these lifestyle changes are easy. Some are difficult. Some may even be annoying or burdensome.

But every one of them is better than getting infected. And every one of them is better than getting your grandparents, your parents, or your elderly neighbors infected, too.

What do you think? Send your letter to the editor to elinscott@turley.com.



GUEST COLUMN

Can marinating chicken nuggets help with a hot topic?

“What? How can marinating chicken nuggets relate to today’s hot topics?” Breathe. Hug your mug. Relax.

Let’s prep some “food for thought” which means anything giving us something to think about-- to figuratively digest—for our brains to process. As our brains marinade and steep these thoughts, this process enriches these morsels into internal truths with external value.

“Really?” Yes, “food for thought” is a processing method that we do every day without even realizing it.

Hmm. Could rural roots help grow “food for thought?” Could small-farm life experiences bring nurturing applications to exactly where millions of families find themselves now?

Could farmland’s domestic hens hatch tidbits of truth? Could farm-life lessons from inside a hen’s pen, help with today’s medically-mandated isolation and incubation situations? Yes.

Often, when digging deep into rural roots, simple, well-grounded, life-applications are discovered, observed, and learned. As nature’s instincts occur, basic life-producing and life-sustaining evidences happen

Nestled in New England, two small farmlands, both with hard-working, bi-vocational families of two different national origins, were separated only by a stonewall. Each family lived off what they raised. Each shared their abundance. One farm raised hundreds of White Rock chickens, eggs, fruit trees, and acres of vegetable gardens. The other farm raised a family Jersey cow, cattle, pigs and vegetables for canning. A barnyard mix of Rhode Island Red hens,(with an ornery rooster,) ducks, and a nanny goat were often corralled by a black Labrador Retriever.

How can chicken nuggets be relevant to today’s COVID-19 pandemic?

Chicken nugget #1: On the neighboring farm, hundreds of White Rock hen’s fertilized eggs were hen-house safe under a warm, encased, protected brooder, with warm lights on during incubation for 21 days. Incubation develops growth and maturity both internally and externally. Food for thought: Being incu-

bated at home can be a time of relational nurturing, personal growth, and educational development. Incubation with students, spouses, and with seniors can bring intergenerational times of caring, sharing and safe keeping.

Chicken nugget #2: On our small farm, one half-dozen Rhode Island Red setting hens found isolated places for nesting over their eggs. Brooding hens only leave their nest to eat once a day. They stayed in place. Only moving occasionally, covering their eggs to ensure constant warmth. Food for thought: When healthy isolation is protective, with a specific purpose and focus-- it can yield dozens of eggs-cellent benefits.

Chicken nugget #3- Laying hens, of all breeds, produce white or brown shelled eggs. Although the exterior has different colors, the inside is the same: the egg yolks and egg-whites contain valuable protein and nutrients. Chicken meat is dark and white. Chicken nuggets are shaped pieces of ground, blended, high-protein, nutritious meat. Food for thought: Human exteriors may be distinctively different. Basic human interiors are similar.

Certainly the COVID-19 virus gives cause for great concern and cautions. Homes, educations, careers, businesses, hobbies, sports, lifetime celebrations and events, sports, have all been temporarily put in incubation for life-saving reasons. During these times of this protective isolation, home-schooling and many levels of online education are nationwide. Working from home is helping families stay safe and virus free.

Every day, front-line heroes are protecting, serving, and keeping safety a priority wherever we live, worship, work, and study. These heroes are behind-the-scenes, on-the-roads, and working at counters and cash registers, helping keep food, medicines, and health care needs available.

Yes, nationally and globally, COVID-19 is a simmering hot topic. Hopefully, marinating and serving this working, small-farm view passed your chicken nuggets taste test?



By Joan E. B. Coombs

The REGISTER

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Letters to the editor should be 250 words or less in length. No unsigned or anonymous opinions will be published. We require letter writers to include his or her town of residence and home telephone number. We must authenticate authorship prior to publication.

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All unknown or alleged facts and quotations offered by the author need to cite credible, unbiased sources.

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Please send photo captions identifying all subjects in your image(s) from left to right.

We need first and last name, hometown, title if applicable, and a brief description of what subjects are doing in the photo. Email uncorrected, raw, RGB color digital photos at highest resolution directly off your camera to rwirth@turley.com.

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The REGISTER

The Register is published every Wednesday by Turley Publications, Inc., 24 Water St., Palmer, Mass. 01069. Telephone (413) 283-8393, Fax (413) 289-1977.

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GUEST COLUMN

A Parasitic Tale

By Javier Puente
Smith College

In 1978, prominent historian William H. McNeill first offered a pathbreaking view of the past, present, and future of society. Our trajectories as tribes, villages, cities, empires, and nation-states have been, and continue to be, deeply intertwined with the parasites that find sustenance and thrive inside our bodies. No account of our past, no evaluation of our present, and no forecast of the future would be complete without weighing the role bacteria, viruses, and other microscopic organisms have played in shaping, constraining, limiting, and sometimes radically challenging our fate. The arrival of Europeans in the Americas and the colonization of the hemisphere is one of the most well-known examples. Within a few decades, a still economically and socially precarious group of European societies came to successfully conquer a continent and, subsequently, reemerged as superpowers competing over global domination. In the process, however, tens of millions of indigenous peoples throughout the Americas faced demographic obliteration – some as the result of violence, most as the result of European diseases that used the bodies of conquistadors as their vectors.

Smallpox and other infections framed a global geopolitical order that lasted almost four centuries. Such an order centered Europe, first, and the United States, later on, as epicenters of unseen dynamics of mobility and circulation. Inside galleons and other vessels, white merchants brought African peoples as slaves to the Americas, carried Caribbean sugar back to Europe and Andean and Mexican silver to China, made substantial profits at the expense of misery and suffering, and ultimately contoured the profile of modern capitalism. Predation and pillage lied at the core of this newly minted economic system. Human trafficking, biodiversity degradation, pollution and contamination became the correlates of widely celebrated discourses and narratives of political and material progress. In the meantime, African mosquitoes transported along with enslaved African peoples brought *Genus Flavivirus* and *Plasmodium malariae*, yellow fever and malaria, transforming a space of profit into a realm of disease. When Americans, Haitians, Cubans, and others launched their revolutions against European domination, both yellow fever and malaria played a critical role decimating imperial armies and leaving immune revolutionary troops nearly untouched.

Viruses and parasites, once again, set the global geopolitical scene in the dawn of the twentieth century, aiding the rise of nation-states throughout the American

hemisphere. Economically decaying imperial powers entered the Great War in 1914 and brought nearly the entire world to contact through conflict dynamics. As devastating as the war was, producing approximately 40M casualties, the worst happened when dispatched peoples returned home. An H1N1 influenza virus, sometimes wrongfully called Spanish influenza, traveled throughout the world with returning troops and infected 500M people – a third of the world population at the time – killing 10% of them. The working-class youth were the primary victims of this virus, being exposed to unsanitary conditions in the midst of postwar economic contractions. The greatest pandemic in recent history transformed the world in years and decades to come, showing the vulnerability of all peoples to diseases regardless of their economic condition, shrinking the global economically active population, leaving hundreds of thousands of orphans behind, and perhaps setting the conditions for the 1920s baby boom and the Great Depression. Throughout the rest of the century, other pandemics threatened society, often locally but sometimes triggering global concern: the 1957 H2N2 pandemic, the 1968 flu pandemic, the 1997-1999 avian flu, the 2003 SARS pandemic, and the 2009 swine flu pandemic, to name a few. The periodic return of pandemics nourishes from geopolitical orders and institutional frameworks that propel circulations, promote exposures, enhance vulnerabilities, and increase mortality. Eventually, these pandemics also set the course for the demise of those orders and frameworks.

Some observers have claimed, over the past few months, weeks, and days, that we are facing and unprecedented health crisis in our history. The previous lines suggest otherwise. The rise and spread of COVID-19, the infamous coronavirus, is just another episode in our parasitic history. While the immediate emergency is sanitary, the larger crisis is economic, political, social, and cultural. COVID-19 emerges and feeds from an economic system that naturalizes inequalities, a political order that enforces borderlines, a social organization that celebrates individualism, and a cultural lifestyle that worships growth and consumption. All these began to materialize hundreds of years, all feel today unquestionably expired. Isolation and social distancing as solidarity practices are saving the many but they are also revealing the most grotesque aspects of nation-states and capitalism. Empires subdued to disease – sooner or later so will nation-states, so will capitalism.

Javier Puente is Assistant Professor of Latin American and Latinola Studies at Smith College.

Dakin donates medical supplies to Baystate Medical Center



Dakin Humane Society donated health care supplies to Baystate Medical Center in Springfield.

Turley Publications
courtesy photo

SPRINGFIELD – Dakin Humane Society donated its in-house quantity of disposable surgical gowns and booties, along with other personal protective equipment to help Baystate Medical Center in its efforts to curb the effects of COVID-19. Dakin’s Director of Operations Karina King said, “We’ve seen news stories about the need for protective equipment being faced by those in human health care, so we reached out to Baystate Medical Center because they’re local. On Friday, March 20, several cases of equipment were carried out of Dakin’s Springfield Adoption Center and loaded into a van and a trailer that brought the goods to Baystate.

In addition to the gowns and booties, other items included nitrile examination gloves, surgical masks with attached face shields and caps. According to King, “We anticipated that human health workers would need these supplies soon, so we recently stopped using disposable items at Dakin and found alternative equipment including smocks that could be laundered and re-used instead of being disposed of. It’s part of our responsibility as communi-

ty members that when we have items that human health care workers need, we want to ensure that they have what they need to keep themselves, and us, healthy.”

Dakin itself has felt the effects of the COVID-19 crisis, and has restructured its staff to cover its most vital programs including adoptions, pet surrenders and emergency pet owner-requested euthanasia. While its two adoption centers are currently closed to the public, people seeking these services can call Dakin at 413-781-4000 and staff will assist them. Dakin Humane Society delivers effective, innovative services that improve the lives of animals in need and the people who care about them from its two locations in Leverett and Springfield. The organization shelters, treats and fosters more than 20,000 animals each year and has performed over 92,000 spay/neuter surgeries since 2009, making it New England’s largest spay/neuter provider.

Dakin is a local nonprofit organization that relies solely on contributions from individuals and businesses that care about animals to bring its services to the community. For more information, visit www.dakinhumane.org.

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Turley Publications is liberal with regard to its business coverage policies, but we do have some standards folks need to understand. First, local businesses and merchants are just as much institutions in our towns as the library and schools. Without them, there are no towns.

We will feature coverage of local businesses that are new, have a major expansion, moving, closing, under new management or ownership, celebrating a milestone anniversary, or have been thrust into the news realm. Merchants can request that coverage through the editor, or for our existing advertising clients, through their ad representatives.

For more information on business coverage for The Ludlow Register, please email ludlowregister@turley.com.

IN THE CLASSROOM

STCC unveils Fire Investigation Transfer program

SPRINGFIELD – Starting this fall, Springfield Technical Community College will offer a new option in the Fire Protection and Safety Technology Department: Fire Investigation Transfer.

Students who choose this option will study fire behavior, fire operations, prevention, investigations and criminal law through courses in fire science and criminal justice.

“We’re thrilled to offer this option, which will prepare students to continue their education toward a bachelor’s degree in fire investigation, homeland security or fire science, based on their desired area of interest,” said Julian “Skip” Tenczar, chair of the Fire Protection and Safety Technology Department.

Fire investigators often work for local, state and federal agencies, but also pursue opportunities in the private sector.

According to Tenczar, fire investigators need a sharp eye, dedicated commitment to discovering the truth and the professional integrity to follow their findings through the legal system.

“The Fire Investigation program at STCC can open doors to this exciting field where you can make a difference,” Tenczar said.

The program is offered in the evening only, which will give students who work more flexibility, Tenczar said.



TURLEY PUBLICATIONS SUBMITTED PHOTO

STCC will offer a new Fire Investigation Transfer program this fall. Pictured are two Springfield Fire Department firefighters.

According to the U.S. Bureau of Labor Statistics, jobs are expected to grow by 8 percent between 2018 and 2028 for fire inspectors and investigators. The

median pay in 2018 was \$60,200.

Students who successfully complete the two-year program will receive an Associate in Science in Fire Protection

and Safety Technology.

To learn more about the program and to apply for the fall, visit stcc.edu/explore/programs/fitr.as/.

STCC offers online workforce development training

SPRINGFIELD – Springfield Technical Community College’s Workforce Development Center offers a range of online courses available 24 hours a day from any device with an internet connection.

Online education at STCC combines interactive exercises, mini-cases, video and focused reading to ensure courses are not only engaging but that students learn.

“With many people staying home during these challenging times, now is an ideal time to take advantage of our affordable online learning programs to improve your skills or learn new ones,” said Dave Buonora, assistant vice president of workforce development.

Among the variety of programs, STCC offers a Managing Remote Employees course, which may be helpful for employers trying to figure out the best way to manage employees working from home or offsite. The course is part of MindEdge Web-Based Education’s management suite.

Job-seekers, including workers who have been laid off, also may qualify for short-term training options through MassHire. Students who are enrolling for the purpose of meeting professional certification or licensing requirements are strongly advised to check with their specific cer-

tification or licensing authority to ensure that course content meets any requirements that have been established by that licensing or certification body.

STCC partners with the following Web-based education providers to offer online education:

•MindEdge Web-Based Education: MindEdge is a provider of online continuing education courses designed to help students improve professional knowledge and skills. Courses are available 24 hours a day from any device with an internet connection.

•Ed2Go Web-Based Education: Education to Go is an online educational content, technology and services company for higher education. They offer hundreds of online courses to assist students in finding a new career or prepare them for advancement in their current position. The programs provide an engaging, supportive, and convenient environment. They are completely online and available 24/7 so they work with any schedule.

•Online Career Training: Career Training Programs are designed by a team of experts from their respective fields. They work to provide students with a highly effective web-based learning experience. Learn in-demand skills recognized by employers. Most programs prepare students for national certification. Students can start anytime, and work at their own pace. Textbooks and learning materials are included, also loans are available. Expert instructor assistance provided.

•Professional Development for Fitness Industry: STCC has partnered with W.I.T.S. (World Instructor Training School), an organization that has been training and certifying fitness professionals for more than 24 years.

For more information, contact the Workforce Development Center at 755-4225, email wdc@stcc.edu or visit www.stcc.edu/wdc.

Valley Press Club scholarship deadline extended to April 17

Deadline for The Valley Press Club Scholarships for students who are interested in pursuing a career in journalism, has been extended to Friday, April 17.

Scholarships available are:

The Valley Press Club Scholarships, funded by contributions and dues to the Press Club, are for students planning careers in print, online or broadcast journalism.

The Republican Scholarship, funded by The Republican, is for students living within the newspaper’s circulation area who are planning careers in print journalism.

The 22News Scholarship, funded by WWLP-22News is for students planning careers in broadcast journalism.

The Edward J. Malley Jr. Memorial Scholarship, established in memory of a chief photographer for the Springfield Newspapers, is for students planning careers in photojournalism.

The Rhonda Swan Memorial Scholarship, established in memory of the award-winning journalist, editor and author, is for students who are underrepresented, in the Springfield, Mass. area, planning careers in journalism.

The Al Jaffe Scholarship, funded by

Mr. Jaffe, the Valley Press Club’s first scholarship recipient in 1964, who retired in 2015 as vice president of talent negotiation and production recruitment at ESPN, is for students planning careers in broadcast journalism or sports journalism.

Primary emphasis is placed on career goals, writing ability, scholastic aptitude and overall achievement as measured by an applicant’s high school transcript, class rank, academic awards, SAT scores and extracurricular activities.

Scholarship applications are available at www.ValleyPressClub.com. Applications may be sent by mail to Noreen Tassinari, VPC Scholarship Chair, Eastern States Exposition, 1305 Memorial Ave., West Springfield, MA 01089 or electronically to NTassinari@TheBigE.com. The deadline for submissions is now April 17. Over the course of five decades, The Valley Press Club has presented over \$130,000 in scholarships to eligible students.

The Valley Press Club consists of active and retired journalists and public relations professionals from corporate and nonprofit organizations.

HCC Foundation opens 2020-21 scholarship season

HOLYOKE – The Holyoke Community College Foundation is now accepting scholarship applications for the 2020-2021 academic year.

More than \$200,000 in awards is available for incoming, continuing and transferring HCC students.

The application deadline is Wednesday, March 25, 2020.

Students must be currently enrolled at HCC or have been accepted for the upcoming academic year to be eligible for scholarships, which are awarded through the HCC Foundation, HCC’s nonprofit fundraising corporation.

Applicants need only fill out a single

online form to be automatically matched with the scholarships they are most qualified to receive. There are scholarships for new students, current students and students transferring to other institutions, scholarships based on financial need, scholarships for student in specific majors, scholarships for residents of certain communities, and scholarships that recognize academic achievement.

To begin the application process, go to www.hcc.edu/scholarships.

Questions should be directed to the HCC Foundation office at 413-552-2182 or Donahue 170 on the HCC campus, 303 Homestead Ave.

SEND US YOUR EVENT PHOTOS



As a free service for our readers we accept and will print when space allows community event photos and announcements. Just scan the QR code above and send us your photos and any information.



SPORTS



Anthony Quiterio was a first team member.



Michael Tuck receives a first team award.



Mike Riley was among those honored on March 8 at the LAF Awards dinner.

Lusitano Club honors soccer all-stars

By Tim Peterson
Sports Correspondent

LUDLOW—The 31st annual Lusitano Alumni & Fans (LAF) All-Star High School Soccer Player Awards Night was held at the Gremio Lusitano Club in Ludlow on March 8.

The guest speaker was John Gibson, who has been the women's soccer coach for the past 20 years. Gibson, a native of

London, England, earned his 200th career victory at Springfield College in the fall of 2015.

One high school soccer player from each of the divisions was selected by the head coaches as the 2019 Player of the Year.

The Division 3 boys Player of the Year is Simba Pelletier from Pope Francis High School.

The Division 3 girls Player of the Year is Juliana Dickinson

from Hampshire Regional.

The Division 4 girls Player of the Year is Nora Young from Granby High School.

"It's awesome to have been selected as the Division 4 girl's Player of the Year," Young said. "I wouldn't have been able to receive this award without the help of my teammates and coaches."

Young completed her outstanding high school soccer career with more than 100 career points (Goals & Assists). She was also a member of the Lady Rams varsity basketball team and became the school's all-time leading scoring in the final game of the regular season.

"I love both sports equally," Young said. "I've been playing soccer and basketball since I was very little. I thought about playing soccer in college, but basketball was my first choice."

If the two seasons were a little bit farther apart, I would probably play both sports in college."

Young will only be playing college basketball at AIC next year.

It was the second year in a row that a member of the Granby girls soccer team was select-

Please see **AWARDS**,
Page 10

Senior softball league seeks to start season on time



The Western Mass. Relics, a senior softball league, play during last season. The softball league is still planning to begin play on April 25 amid coronavirus concerns.

By Gregory A. Scibelli
gscibelli@turley.com

While many are hunkering down trying to wait out the coronavirus pandemic that was crippled regular life, and especially the sports world with no competitions of any kind due to the edict from state and federal officials barring gatherings of 25 people or more.

But the Western Mass. Relics, a softball league for senior citizens, is still planning to hold its season-opening jamboree on April 25.

Steve Lepow, the public relations director for the

league, says the league has begun booking its field for play, and the Ludlow-based league, which draws plays from all over the region and into Connecticut, claims the field will be available come the start of the season.

"We lease the softball field from Fish and Game and we met the owner and posed the question about having to delay the start of the season," Lepow said. "He assured us the softball field will be available to us even if the bar is closed because of the coronavirus."

The season starts on April 25 with a jamboree of modified

games with the regular season beginning on April 27.

"Full games are supposed to happen on April 27," said Lepow. "We play seven inning games with two divisions. The silver division is for 50 to 65-year-olds and the gold division is for ages 65 and older. Our oldest player is 89-years-old."

The purpose of the league is to have fun and build friendships.

Lepow said regardless of where the pandemic stands, the league does plan to forego typical hand-shaking lines post game.

"We will eliminate hand-shaking lines after the game and fist bumps," said Lepow. "We have safety rules to prevent contact such as two first base bags (orange for the runner and white for the fielder. We also have a screen for the pitchers circle to protect the pitcher."

Lepow says player safety will be a top concern.

"Safety is our number one concern," said Lepow. In addition to the things to the hand-shaking, we are asking

Please see **RELICS**,
Page 10



Submitted photos

Spring sports postponed to April 27

By Gregory A. Scibelli
gscibelli@turley.com

Following the first postponement of spring sports, the Massachusetts Interscholastic Athletic Association made a subsequent vote to further delay the start of the spring sports to April 27.

The original start date of spring sports was March 16. It was delayed to March 30 when many schools began cancelling classes for two weeks due to the coronavirus outbreak.

The MIAA's Board of Directors were scheduled to meet again by teleconference this week to continue to monitor the situation. However, the March 20 teleconference revealed some decisions that became necessary by the continued postponement of spring sports.

The MIAA has agreed to only hold a postseason tournament is spring sports begins on April 27. If the MIAA has to make another postponement, then the tournaments in all

Please see **SPRING SPORTS**,
Page 10

Athlete of the Week

NAME: Mike Riley
TOWN: Ludlow

Riley was one of three members of Ludlow boys soccer to receive a first team award from the LAF on March 8.

To nominate someone for Athlete of the Week, contact Managing Sports Editor Gregory A. Scibelli at 413-283-8393 ext. 258 or send an e-mail to gscibelli@turley.com.

Turley
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www.turley.com



Valley Wheel Baseball looking for new players

REGION – The Valley Wheel Over-30 Baseball League is seeking new players for the upcoming 2020 season, which is set to begin near the end of April. The league is seeking players ages 28 and up. Players turning 28 this year are eligible. However, only players 30 and older can pitch. The league plays 15 regular season games with games being held mostly on Sundays with a couple of weekday games thrown in the mix as well as a special Mother’s Day Saturday game in early May. The league is

built on comradery, fair play, and having a good time with friends. If interested in trying out, go to www.valleywheelbaseball.com. The rules of the league and new player forms can be found on the site.

For further information, you can contact the league’s commissioner, Jim Nason at wheel12@comcast.net or call him at (413) 433-4308. Tryouts will be taking place in the early weeks of April, weather permitting, with a draft following the tryouts.

AWARDS from Page 9

ed as the Division 4 girls Player of the Year.

“It’s very special to see two of our players selected as the Player of the Year during the past two years,” said Granby head coach Bob Weaver. “I’ve coached Nora during the past four years and she really deserved to receive the award this year. She’s a tremendous athlete and is a great kid. We’re really going to miss her next year.”

A member of the South Hadley girls soccer team, which captured the Division 3 state title last fall, also received the LAF Scholarship Award for the second consecutive year. Carla Jarrett was the scholarship recipient a year ago and Lindsay Marjanski was this year’s scholarship award winner.

“It feels very nice to be rewarded for all of the hard work that I’ve done,” Marjanski said. “I’ll be attending Holy Cross

College and I’m very excited about it.”

Just like Young, Marjanski will be playing a sport other than soccer at the collegiate level. She’ll be a member of the Crusaders women’s track and field team.

“I’ve already met the members of the team,” she said. “I’m looking forward to becoming a member of the track and field team next year. Holy Cross was the perfect fit for me both academically and athletically.”

Marjanski’s main event is high jump, but she will be able to do all of the events as a college freshman.

The other scholarship award winners are Robert Michalski (East Longmeadow H.S.), Erin Czelusniak (Lenox H.S.), and JT Novitsky (Lenox H.S.).

The members of the Division 1 girls first team are Emily DeGeorge (Agawam High School), Hope Santaniello (Agawam High School), Avery Klingensmith (Belchertown High School),

Thompson Speedway reschedules events, Icebreaker event moved to May

THOMPSON, Conn. -- After conversations with all stakeholders, Thompson Speedway Motorsports Park announced on Tuesday the new date for the 46th annual Liquid Death Icebreaker weekend. The prestigious event is now tentatively set to take place May 15 and 16, including the headlining NASCAR Whelen Modified Tour Death To Plastic 150.

Due to the current COVID-19 outbreak, the date is tentative, as the situation is fluid and changes are occurring across the motorsports industry daily. A full schedule for the event will be released once available.

The original date for the Liquid Death Icebreaker, April 3 to 5, was postponed due to the COVID-19 outbreak, but Thompson Speedway officials were committed to finding the right date and releasing it to the public as quickly as possible.

“After working with all of the different parties involved, we feel this is the best weekend to run the Icebreaker and

kick-off the Thompson racing season,” Terry Eames, the General Manager of Thompson Speedway Motorsports Park, said. “Just like the entire racing community, we are disappointed that we can’t start the race season as originally scheduled. However, we will continue to abide by our Connecticut Governor Ned Lamont’s Executive Orders and CDC suggestions during this time. We fully expect to begin the season with the Icebreaker, May 15-16, and look forward to seeing everyone back at the track soon.”

The health of our valued race teams, fans, staff and customers is paramount during the COVID-19 outbreak. We have cleaned the property thoroughly to do our part to stop the spread of the virus and will continue to do so in the future.

For more information on Thompson Speedway Motorsports Park, visit thompsonspeedway.com and follow the track on social media.

Sign-ups ongoing for Quabbin League

REGION – The Quabbin Valley Over-30 Baseball League is seeking new players for 2020 season. The league has six teams, several with open roster spots. Last year, the league voted to allow players age 28 and 29 to be able to join the league, though players under 30 are not eligible to pitch. The cost of the league this season is \$192. For players new to the league, there will be a workout held in early April prior to the league’s annual draft. Players will have an

opportunity to showcase their skills before being selected to a team for the season. The season is 15 regular season games plus at least one playoff game. Games are nine innings and metal (BBCOR -3) or wood bats are allowed. Fields locations are throughout Western Mass. For more information on the league, or if you are interested in registering, go to https://www.quabbinvalleybaseball.org/. The league is also in Facebook.

(South Hadley High School), Tennessee Murphy (Monson High School), Alivia Skowyra (Monson High School), and Madalyn Theriault (Palmer High School).

The members of the Division 3 boys first team are Owen Raines (Belchertown High School), Zach Lajeunesse (Belchertown High School), Korey Houle (Belchertown High School), and Ethan Czapowski (Belchertown High School).

The members of the Division 4 girls first team are Julia Frappier (Granby High School), Nora Young (Granby High School), Julia Gauvin (Granby High School), Emily Vallee (Granby High School), and Caitlin Hess (Ware High School).

The members of the Division 4 boys first team are Logan Gerry (Monson High School), Shawn Jalbert (Monson High School), and Prescott Watson (Monson High School).

RELICS from Page 9

any player who is sick not to come. We are also providing wipes or other sanitizers to use on bats. On our website we have information constantly being added to keep players advised on what we are doing to ensure safety.”

The commissioner of the league recently emailed players asking them to use common sense and announce that the season is still on.

The league’s only opposition could come at the local, state, or federal level if the games are not exempted from the gathering restrictions that have been made.

SPRING SPORTS from Page 9

spring sports will be cancelled and high schools will only play a modified schedule.

Additionally, there will not be any exceptions made to Rule 34, which dictates how many contests a team can have in a given week.

Depending on the sport, the number of competitions in a week can range from two to four. It modifies in the events makeups are held, such as in the case of baseball or softball.

The board also voted unanimously to waive the 10-practice rule before competition can happen. The board voted to

make it seven calendars from the start of practices.

The maximum number of competitions was also modified to 12 for most sports for tournament participation. A team must have at least eight contests for postseason participation.

A typical baseball or softball schedule is normally 18 to 20 games, while lacrosse and volleyball compete in 16 to 18 contests.

According to the board of directors, there is a movement to try and keep student-athletes from missing their senior season, especially after the state tournament was interrupted for basketball and hockey.

post-season play took place. The Tournament Management Committee is committed to allow for broad participation at all levels this spring. Keeping student-athletes connected, involved and engaged has meaning and purpose after the challenges that were faced at the end of the winter season and spring sports in general.”

School districts across the state have been ordered closed through April 7. That order was made by Gov. Charlie Baker. Baker has not made a decision or set a deadline to revisit that closure and whether or not to extend it.

The MIAA has posted a fluid document on its website answering questions about the current situation. The document is considered fluid and is updated when new developments occur.

The MIAA has specifically stated that no sports can be practice or played prior to April 27. Additionally, coaches unable to interact with their players before that date.

The MIAA plans to provide guidance on health and safety guidelines for spring sports if there are still concerns about the coronavirus when schools resume competition.

The board was scheduled to meet Tuesday morning with an update to be published after that meeting.

Ludlow Legion Post 52
BASEBALL TRYOUTS
at Whitney Park
April 11, April 12 & April 26 - 2pm-4pm
Bring birth certificate/seal
and \$130 check made out to:
Ludlow Legion Post 52
413-427-0864

Coach
DeBarge

SEND US YOUR SPORTS PHOTOS
Have you taken photos at a local sports event and want to see them published in this paper?
Email your image(s) with description to:
sports@turley.com

Based on the charge from the BOD to have a spring sport season start date of April 27,” the board minutes state. “Discussion regarding a timeline for

OBITUARY

Lucille (Barry) Machabee-Lapinskas, 94

LUDLOW -On Tuesday, Feb 4, 2020, just before a beautiful Maui sunset, Lucille (Barry) Machabee-Lapinskas, 94, passed away peacefully at her daughter's home in Kihei, Hawaii. Lucille was a wonderful Mother, Grandmother, Great-Grandmother and recently, a Great-Great Grandmother.



Lucille was born in Chicopee, Massachusetts and lived most of her life in the Springfield area. She worked in a factory during World War II making parachutes and was very proud of her of her contribution to the war effort. After the war she met and married Leo Machabee in Indian Orchard, Massachusetts after Leo completed his World War II service as a U.S. Marine. After raising five children,

she later worked at the Springfield Hospital and retired as a supervisor for housekeeping.

After the early passing of Leo and a remarriage, she lived in Florida for many years. After the passing of her second husband, Lucille moved to Maui, Hawaii in 2015 to be closer to family. She spent several years living at Kalama Height Retirement Community where she made many friends with her smile, joy and light heartedness. She recently spent her days at Maui Day Care in Kihei, Maui, Hawaii where she continued to make friends and share in her gentle ways. Lucille would anticipate every party, holiday event and social gathering like it was her first dance! She was always delighted to see herself

on the front cover of the Kalama Height newsletter and loved sending copies to her family!

Lucille was always up for any "activity" and was always ready to go, especially if she could wear her Hawaiian dress and listen and sing along to Hawaiian music! She loved Bingo and she played endless games of rummy winning most of the time! She looked forward to Bean Bag-Baseball and earned the nickname "Babe Ruth" because of her numerous home runs! She was known to have a sketch book and pen with her at all times and loved to draw pictures of "people in love," flowers, and family memories of when her children were young.

Lucille is survived by her children; Lawrence Machabee (Sonia), Lorraine Eurtto (Ray), and Loralee Machabee (Tim);

DEATH NOTICE

**Machabee-Lapinskas,
Lucille (Barry)**
Died February 4, 2020
Visitation date TBD
Ludlow Funeral Home

9 grandchildren; 16 great grandchildren; 1 great greatgranddaughter. She is predeceased by her daughters; Linda Goldberg and Lois Yates.

A visitation for friends and family will be held at the Ludlow Funeral Home, 432 East St., Ludlow, MA on Date TBD. Following the visitation, interment will be held at St. Aloysius Cemetery, 1273 Berkshire Ave., Indian Orchard, MA 01151 where she will be laid to rest with her first husband, Leo.

PUBLIC NOTICES

**Commonwealth of
Massachusetts
The Trial Court
Hampden Probate and
Family Court
50 State Street
Springfield, MA 01103
(413)748-7758
Docket No. HD20P0563EA
Estate of:
Margaret M Moriarty
Date of Death: 01/24/2020
CITATION ON
PETITION FOR
FORMAL
ADJUDICATION**

To all interested persons:
A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Noreen A O'Sullivan of Ludlow MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: Noreen A O'Sullivan of Ludlow MA be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in an unsupervised administration.

IMPORTANT NOTICE
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on the return day of 04/17/2020.

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

**UNSUPERVISED
ADMINISTRATION
UNDER THE
MASSACHUSETTS
UNIFORM PROBATE**

CODE (MUPC)
A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon.
Barbara M Hyland, First Justice of this Court.
Date: March 20, 2020
Suzanne T. Seguin
Register of Probate
3/25/2020

**Commonwealth of
Massachusetts
The Trial Court
Probate and Family Court
Hampden Division
50 State Street
Springfield, MA 01103
(413)748-8600
Docket No. HD20P0401EA
Estate of:
Charles Joaquim Queiroga
Also Known As:
Charles J. Queiroga
Date of Death: 11/05/2019
INFORMAL PROBATE
PUBLICATION NOTICE**

To all persons interested in the above captioned estate, by Petition of Petitioner
Joseph L. Queiroga of Ludlow, MA

Mary Condon of Wilbraham, MA
a Will has been admitted to informal probate.

Joseph L. Queiroga of Ludlow, MA; **Mary Condon** of Wilbraham, MA
has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform

Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.
3/25/2020

**NOTICE TO BIDDERS
NEW REGIONAL
ANIMAL CONTROL
FACILITY
TOWN OF WARREN
87 BRIMFIELD ROAD
WARREN,
MASSACHUSETTS 01083**
The Town of Warren, the Awarding Authority, invites sealed bids for the New Regional Animal Control Facility, Town of Warren, 87 Brimfield Road, Warren, Massachusetts 01083.

The work involves all labor and materials necessary for the construction of a new animal control facility, including but not limited to: regrading of the site, installation of new loam and seed; excavation and backfill of existing site as necessary for the installation of new concrete foundations/slabs/piers/aprons, bituminous asphalt paving, utilities, etc.; installation of new concrete foundations/slabs/piers/aprons, roofing, floors, walls, ceilings, doors, windows, plumbing fixtures and trim, lighting, power, wiring, other finishes, paint (by owner), HVAC, siding, etc. Estimated construction cost is seven hundred fifteen thousand dollars (\$ 715,000).

DCAMM qualifications in the General Construction category will be required. DCAMM Update Statement and Certificate of Eligibility forms will be required in the sealed bid packages for both general bidders and filed sub-bidders.

Bidder selection, procedures and contract awards shall be in conformity with M.G.L. Chapter 149 Section 44A-H. State mandated prevailing wage rates must be paid according to M.G.L. Chapter 149 sections 26-27H.

Digital copies of the drawings and specifications may be obtained by emailing requests to the office of Roy S. Brown Architects at **rsba85@yahoo.com after Wednesday, March 25, 2020 at 2:00 pm.** Paper copies of the drawings and specifications may be ordered via the office of Roy S. Brown Architects, 85 Chilson Road, Wilbraham, Massachusetts 01095, after Wednesday, March 25, 2020 at 2:00 pm. Allow three days for paper copies to be printed. Paper copies of these documents may be ordered with a certified check, money order, or cash deposit of sixty (\$60) dollars made payable to Roy Brown. This deposit is refundable upon return of said documents in good condition not later than ten (10) days after the opening of the bids. A non-refundable shipping and handling fee of twenty (\$20) dollars made payable to Roy Brown, will be charged for each set of documents requested by mail. Bidding documents requested by mail will be shipped via the United States Postal Service only.

A project walk-thru is planned for Wednesday, April 01, 2020 at 10:00 am.

Questions pertaining to the sub-bid categories listed below will be accepted until Friday, April 03, 2020 at 2:00 pm. All questions are to be emailed to the office of Roy S. Brown

Architects at **rsba85@yahoo.com**. All answers to questions pertaining to the sub-bid will be distributed to all planholders prior to Monday, April 06, 2020 at 2:00 pm.

For this project, filed sub-bids shall be required for the subtrades of: Electrical Work, HVAC, Plumbing. Filed Sub-bids will be accepted from eligible bidders at the Office of the Board of Selectmen, 48 High Street, PO Box 609, Warren, MA 01083 until 2:00 pm, Wednesday, April 08, 2020, at which time they shall be publicly opened and read aloud. A bid security in the form of a bid bond, cash or certified check in the amount of five percent (5%) of the total bid price must accompany the bid. Filed sub-bids should be clearly labeled on the exterior envelope as either: **"Electrical Work Filed Sub-bid", "HVAC Filed Sub-bid", or "Plumbing Filed Sub-bid". Bids should be addressed to: Board of Selectmen, 48 High Street, PO Box 609, Warren, MA 01083. Envelopes should also be labeled with "New Animal Control Facility".**

Questions pertaining to the general bid will be accepted until Friday, April 10, 2020 at 2:00 pm. All questions are to be emailed to the office of Roy S. Brown Architects at **rsba85@yahoo.com**. All answers to questions pertaining to the general bid will be distributed to all planholders prior to Tuesday, April 14, 2020 at 2:00 pm.

General bids will be accepted from eligible bidders at the Office of the Board of Selectmen, 48 High Street, PO Box 609, Warren, MA 01083 until 2:00 pm, Thursday,

April 16, 2020, at which time they shall be publicly opened and read aloud. A bid security in the form of a bid bond, cash, or certified check in the amount of five percent (5%) of the value of the total bid price must accompany the bid. General bids should be clearly labeled on the exterior envelope as **"General Bid". Bids should be addressed to: Board of Selectmen, 48 High Street, PO Box 609, Warren, MA 01083. Envelopes should also be labeled with "New Animal Control Facility".**

The Awarding Authority reserves the right to reject any or all bids, should it be deemed in the public interest to do so.

Rebecca Acerra,
Administrative Secretary to
the Board of Selectmen
3/25/2020

LEGAL NOTICE
The Ludlow Zoning Board of Appeals will hold a public hearing in Ludlow Town Hall, 488 Chapin Street, Board of Selectmen's Conference Room, third floor, on **Thursday, April 2, 2020 at 7:00 PM** on the application of Homer & Mary Dubois, for the property located at 0 Rood Street, Ludlow, MA (Assessors Map 17, Parcel 80, Zoning: Agricultural). The subject of the hearing is a Special Permit to construct a single-family house on a pre-existing, non-conforming lot that will not meet the required setbacks of Ludlow Zoning Bylaw, Table 2 – Table of Dimensional Regulations.

Anthony W. Jarvis,
Chairman
3/18, 3/25/2020




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OBITUARY POLICY

Turley Publications offers two types of obituaries.

One is a free, brief **Death Notice** listing the name of deceased, date of death and funeral date and place.

The other is a **Paid Obituary**, costing \$120, which allows families to publish extended death notice information of their own choice and may include a photograph. **Death Notices & Paid Obituaries** should be submitted through a funeral home to: obits@turley.com.

Exceptions will be made only when the family provides a death certificate and must be pre-paid.

DATEBOOK

ONGOING

MARRIAGE WORKS IN CHRIST The Marriage Enrichment series, Marriage Works in Christ, is scheduled once each month on a Friday evening at the SJB Pastoral Center. Married couples are cordially invited to attend these Friday evening sessions scheduled for 6:30-8 p.m. The program is an uplifting, down-to-earth video series for husbands and wives to enjoy together and is a response to the need for a better understanding and appreciation of God's plan for marriage and family life. We encourage all couples to take advantage of this opportunity to spend time together and focus on your relationship as a Christ-centered vocation. Your marriage deserves that kind of attention! Couples need not attend all sessions-just choose the dates that work with your schedule - and come join us! The sessions are free of charge and childcare is also offered at no charge for children age 2 and up. Program dates are Fridays, Dec. 6, 2019 and Jan. 10, Feb. 7, March 6, and April 3, 2020. For more information call Dick and DuAnne Pasquini at 413-610-0509.

THE MICHAEL J. DIAS FOUNDATION sponsors a support group for families and friends whose loved one is affected by an alcohol/substance use disorder. The group meets every Tuesday from 6:30 to 7:45 p.m. at Healthsouth, 222 State St., Ludlow. All are welcome! If you have any questions, call Maureen at 413-563-6226.

LUDLOW SENIOR CENTER 55 AND OVER VOLLEYBALL LEAGUE will be held at East Street School on Tuesdays and Thursdays from 5-8 p.m. The cost to take part is \$20 per year. For more information contact the Senior Center Activities Director at Activity@ludlow.ma.us or 413-583-3564 ext. 1310.

WESTERN MASS RELICS SENIOR SOFTBALL LEAGUE. Slow pitch with two divisions (50-plus and 65-plus). All games played at the Ludlow Fish & Game Club from May to Labor Day. Registration forms and information available at www.wmass-relics.com.

QUABBIN VALLEY TWIRLERS If you missed the first lessons in the fall, now is the time to give yourself a gift of dancing enjoyment for the coming holiday time. Do you want some exercise, mental acuity, and lots of fun with great people? Try our national folk dance, square dancing with the Quabbin Valley Twirlers. They dance in Belchertown and Ludlow with Sunday and Wednesday evenings available. For more information, call Gloria or Fran at 413-467-3352.

BIBLE STUDY: A weekly Bible study led by Ludlow resident Hank Bastos takes place Wednesdays at 7 p.m. at 343 Winsor St., Ludlow. Call 348-6487 for more information.

SHARE YOUR SIGHT. Volunteer to read, shop or walk with a blind or vision impaired person in your community. Call the Massachusetts Association for the Blind and Visually Impaired at 1-888-613-2777 for details.

EVENTS

Editor's note: As towns, schools and clubs continue to assess the threat posed by coronavirus, many are making the decision to cancel or postpone their public events, often with little notice. *The Register* will inform readers about cancellations when known and when the newspaper's weekly deadline will permit, but readers should be aware of the possibility that events featured in the printed newspaper, including those previewed in stories, briefs and on the calendar page, may be canceled without enough notice to print an update. The Register encourages readers to contact event coordinators and organizers to confirm that it is still taking place before attending.

GENEALOGY FUNDRAISER A "Genealogy and Family History Fundraiser" is being held at First Church in Ludlow, 859 Center St. All proceeds will be made payable to the First Church in Ludlow to help fund the many projects necessary to keep the building in good shape, including the most recent repairs necessary to their iconic steeple. The plan is to hold the classes on four consecutive Tuesday evenings from March 31 to April 21, from 6:30 to 8 p.m. Dave Robison, professional genealogist of Old Bones Genealogy of New England, will conduct four sessions of learning (or relearning) how to research a family. Hints, tips, tricks, all designed to get people started, to help them break through obstacles or inspire them to just "get going" again. Please sign up by contacting Dave Robison at dave@oldbones.info indicating intentions to attend and the number of

participants.

QUILT SHOW will be presented by the Pioneer Valley Quilters on Saturday, May 2, and Sunday, May 3, at the Elks Lodge #61, 440 Tiffany St., Springfield. Admission is \$10; free for 12 and under. Free parking. An award-winning quilt to be raffled as well as many baskets of fun items. Items and food for sale. Lots of fun and beautiful quilts on display. Visit the group's website at www.pvquilt.org. For more information specifically about the quilt show, email foy18@comcast.net.

CANCELLATIONS

St John the Baptist School, Ludlow, has canceled its Chicken Pot Pie Dinner and Dessert Auction on Saturday, March 28th.

The Scouts Spaghetti dinner on March 21st at St Elizabeth Parish, Ludlow, Pastoral Center has been canceled. First Church in Ludlow's Corn Beef and Cabbage Supper, for Mar. 21, has been canceled on recommendation of the Board of Health, due to the coronavirus. For more information, leave a message at the church at 413-583-3339.

TRIPS

MOHEGAN SUN Indian Orchard's Immaculate Conception Church seniors are having a trip to Mohegan Sun Casino on March 15. The cost is \$25. For more information call Albina at 413-543-2374.

The Polish American Veterans of Wilbraham are planning the following trips in 2020.

"CATS" at Proctors Theater in Schenectady, N.Y. Thursday, April 30. Package includes roundtrip deluxe motor coach. Free time at Rivers Casino with \$20 slot play and \$10 meal credit. Matinee performance of "Cats," meals taxes and gratuities. Cost is \$100 per person, with \$50 due at sign up. Final payment due March 25. Bus departs 7:30 a.m.

QUEEN ESTHER The three-day tour to see "Queen Esther" in Lancaster, Pennsylvania on Aug. 26 to28 includes deluxe motor coach, two nights at the Bird in Hand Inn, two breakfast buffets at the hotel. Dinner show "Josiah for President" (Dinner #1) and Miller's Smorgasbord (Dinner #2). "Queen Esther" will have reserved orchestra seats up front. There will be Mount Hope Winery visit, Bird in Hand Farmers Market and Sands Casino visit. There will be a Stop at Mastoris Kitchen Kettle Village and Longwood Gardens. Portchester Diner on return home (meal on own). Baggage handling, all taxes and driver's gratuity included Cost is \$455 for double occupancy, \$435 for triple occupancy and \$575 for single. Deposit of \$75 at sign up, balance due July 15. Cancellation protection \$39 per person. Bus departs 7 a.m.

DOLLY & KENNY at The Stadium Theater, Woonsocket, Rhode Island on Thursday, Sept. 24. Bringing back Dave & Karen for a second show. Sold out the first show. Package includes motor coach transportation, chicken dinner at Wrights Chicken Restaurant. natinee tribute show with Dolly Parton and Kenny Rogers, meal taxes and gratuities. Karen Hester is Dolly Parton and Da-

vid Karl is Kenny Rogers. Cost is \$92 per person. Final payment due Aug. 28. Bus departs 10 a.m. from PAV, 1124 Berkshire Ave., Indian Orchard.

"GHOST OF A CHANCE" at The Newport Playhouse & Cabaret in Rhode Island. A Victorian-era tragedy is re-enacted in a supposedly haunted house. Package includes roundtrip motor coach, buffet luncheon, Playhouse Comedy Show, a Cabaret Show (two shows), meal taxes and gratuities. Buffet menu includes lettuce bowl, potato salad, beets and onion salad, three-bean salad, bbq ribs, sausage and peppers, roasted chicken, baked ham, baked beans, sweet potatoes, assorted desserts, coffee and tea. Cost \$102 per person and payment is due Sept. 21. Bus departs 8:30 a.m. from PAV, 1124 Berkshire Ave., Indian Orchard.

For more information on any of the above trips or to reserve a seat call Rich Gosciminski at 413-583-4610. Make checks payable to Polish American Veterans. Mail to Rich Gosciminski, 149 Center St., Apt. #1, Ludlow, MA, 01056. All trips depart from P.A.V, 1124 Berkshire Ave., Indian Orchard, MA.

VERMONT – July 27-30, 2020 - Deluxe hotel in downtown Burlington, Church Street Marketplace, Shelburne Museum, Hildene Lincoln Estate, dinner cruise on Lake Champlain, Stowe aerial gondola up Mt. Mansfield, Rock of Ages Granite Factory & Quarry tour, Ben & Jerry's tour, Trapp Family Lodge lunch, Quechee Gorge, Cold Hollow Cider, Woodstock, Vermont Country Store; seven meals, luggage handling, driver and guide gratuities included: \$1,099 pp doubles. Contact Jim

Please see **DATEBOOK**, Page 13

Church DIRECTORY

March 25-March 31

CHRIST THE KING CHURCH
41 Warsaw Ave., Ludlow
413-583-2630
Pastor Rev. Raymond A. Soltys
Saturday Vigil Masses – 5 p.m. and 6:30 p.m.
Sunday Masses – 7:30 a.m.; 8:45 a.m. (Polish);
10 a.m. and 11:15 a.m.
Sunday Evening Mass – 5:30 p.m.

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Pastor Rev. Jeffrey Ballou
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10 a.m. (Polish/English)
5 p.m. (English)
Morning Masses (Monday through Saturday) 8 a.m.
Saturday Vigil Mass – 4 p.m. (English)
Vigil Mass on Holy Days of Obligation – 7 p.m.
Holy Day of Obligation Masses – 8 a.m. and 7 p.m.

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413-583-2312
Father Vitor Oliveira
Sunday Masses – 9 a.m. (Portuguese);
11 a.m. (English)
Monday and Wednesday Morning
Masses – 8:30 a.m. (Portuguese)
Tuesday and Friday Masses – 5:30 p.m. (Portuguese)
Saturday Vigil Mass – 4 p.m. (English)
First Saturday of the Month – 8:30 a.m.
For more information, visit
ourladyoffatimaparish.org.

FAITH COMMUNITY CHAPEL
485 EAST ST. LUDLOW, MA 01056
413-583-7875
www.faithcommunitychapel.org
email: faithcommunitychapel8@gmail.com
Pastor Jon P. Scott
Sunday School 9:30 a.m.
Fellowship 10:30 a.m.
Worship Service 11 a.m.
Sunday Services:
9:30 a.m. Sunday School for all ages
10:30 a.m. Fellowship with coffee and donuts
11 a.m. Worship Service
See Faith Community Chapel Facebook for updates.
Wednesday 7 p.m.
Ludlow Christian Fellowship
Bible Study: Hank Bastos, Leader
Call: 413-348-6487 for more information

STS. PETER AND PAUL UKRAINIAN CATHOLIC CHURCH
45 Newbury St.
Ludlow, MA 01056
Phone: 413-583-2140
Pastor: Father Andriy Krip
Liturgy schedule:
Wednesday 8:30 a.m.
Friday 8:30 a.m.
Sunday 8 a.m.
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INDIAN ORCHARD, MA 01151
413-543-4204
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Sunday School-9:45 a.m. for all ages
Worship-11 a.m., coffee hour follows
Sunday at 6 p.m.-Gambler's Anonymous/Gamanon
Thursday at 7 p.m.-Choir Practice, new members welcome!
Third Saturday of every month at 8:30 a.m.-
Men's Fellowship Breakfast
See our website for more information:
www.orchardcovenant.org.

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In Residence – Rev. Norman Bolton
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Rev. Richard Pagano
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by appointment
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Thursdays – AA 7:30 to 8:30 p.m.
Thursday and Saturday – Outreach

UNION CHURCH OF CHRIST
(United Church of Christ)
51 Center St., Ludlow
413-583-5717
Pastor: Rev. Jeffrey K. Erb
Worship Service and Sunday School: Sunday, 10 a.m.
(Fellowship hour following)
Office Hours: Wednesday, 9 a.m. to noon
Choir Practice: Sunday, 9 a.m.

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413-583-8454
S Sunday services
Sacrament Meeting 10- 11 A.M.
Sunday school for adults, Young single adults(18-30) and teens (11-18)- 1st & 3rd Sunday of the month from 11-12 noon
Adult Religious/Marriage and Parenting for Women- 2nd & 4th Sunday of the month from 11-12 noon
Adult Religious/Marriage and Parenting for Men- 2nd and 4th Sunday of the month from 11-12 noon
Classes for Single Adults(18-30)- 2nd & 4th Sunday of the month -11- 12 noon
Classes for Young Men(11-18)- 2nd & 4th Sunday of the month 11-12 noon
Classes for Young Women (11-18)- 2nd & 4th Sunday of the month - 11-12 noon
Children's classes: Sunday school & singing time every Sunday(3-10) 11- 12 noon
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413-583-3339 or 413-583-6834
Reverend Donald Fenestre-Marek
Pastor
Office Hours:
Thursdays: 12 p.m.-4 p.m.
Fridays: 10 a.m. to 2 p.m.
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Sunday mornings
Church School, Nursery and
Coffee Hour after service.
Wednesdays – 7:30 p.m. – AA meetings
Please contact us regarding our
Fellowship Hall rental.
First Church thrift/gift
shop hours:
Fridays from 9 a.m. to 12 p.m.
Saturdays from 10 a.m. to 12 p.m.
Sundays from 9:45-10:30 a.m.

DATEBOOK from Page 12

Martin at 413-583-6339 or jameslmartin47@gmail.com.

SOUTHERN CALIFORNIA – Sept. 8-15, 2020 - Eight days, 12 meals: Spend three nights near the Santa Monica Pier with an extensive tour of Los Angeles including Hollywood and Beverly Hills. Visit Catalina Island and spend two nights in San Diego with Balboa Park and the San Diego Zoo. Also, Palm Springs for two nights with a gondola ride up San Jacinto Mountain. \$3,199 pp doubles, includes air, deluxe hotels, all gratuities and more. Contact Jim Martin at 413-583-6339 or jameslmartin47@gmail.com.

9 TO 5 MUSICAL The Catholic Woman's Club of the Diocese of Springfield invites area residents to join the club for a bus trip to see "9 to 5 The Musical" by Dolly Parton, at the WestchesterBroadway Theatre in Elmsford, N.Y., on Wednesday, Sept. 9. The bus leaves the Big Y parking lot in Ludlow at 7:30 a.m. and returns about 7:30 p.m. Attendees can choose their lunch entree off the menu. Tickets are \$100 and seating is assigned as checks are received. The deadline for payment is June 20. Call Ruth at 413-531-3506 for more information.

SOUTH AFRICA – Oct. 14-26 and Oct. 26-Nov. 7, 2020 - Two departures to choose from, each 13 days with 20 meals. Visit Cape Town and Johannesburg including Soweto and the

home of Nelson Mandela. Spend four days in Kruger and Chobe Nat'l Parks with eight safari game drives, and two days at Victoria Falls, the world's largest waterfall. \$6,995 pp doubles includes air, 4-star accommodations, transfers, ALL gratuities and much more. Contact Jim Martin at 413-583-6339 or jameslmartin47@gmail.com.

SAN ANTONIO HOLIDAY – Dec. 3-7, 2020 - Four days at Westin Hotel on the city's Riverwalk, illuminated for the holidays. Also, city tour, river cruise, Mexican Marketplace, Alamo, Mission San José, LBJ Ranch, German community of Fredericksburg decorated for Christmas, Museum of the Pacific War and more. \$2,149 pp doubles includes air, taxes, luggage handling, and transportation to/from Bradley Airport. Contact Jim Martin at 413-583-6339 or jameslmartin47@gmail.com.

2020 POLANIE CLUB TRIPS

For information and reservations on any of these trips, call: Loretta at 413-592-7350, Stacy at 413-593-1172, Dottie at 413-583-4411, or Diane at 413-214-3822.

QUEEN ESTHER at Sight & Sound Theatre, Lancaster, PA-June 9-11 includes deluxe motor coach, two nights at Comfort Suites Lancaster with two breakfasts, one dinner at the Mount Hope Estate & Winery and one dinner at Miller's Smorgasbord, improv comedy show and the Queen Esther Show. Village Insider at Kitchen Kettle Village, a visit to the Old Windmill Farm and a ride aboard the Strasburg Railroad through the Amish

farmlands. Cost \$ 521. pp double/triple.

THE ROARING 20s at St. Clement's Castle, Portland, Connecticut. Dine in the Prince Edward Ballroom, the favorite Friendship Band "Triad" will be performing the music of this great era to listen and dance to. Learn to dance the Charleston with professional dancers. Tuesday, June 16. Deluxe motorcoach. Cost is \$94 per person.

CRUISING GLOUCESTER HARBOR Luncheon buffet cruise aboard the Beauport Princess with DJ music and light narration. visit Rockport and shop in the many galleries. Sunday, July 26. Cost is \$120 per person.

THE LIGHTHOUSES OF BOSTON HARBOR After lunch at the Venezia Restaurant on the waterfront, enjoy a 90-minute narrated historical cruise aboard the catamaran, Provincetown Ill. Deluxe motorcoach. Tuesday, Aug. 25 Cost is \$ 117 per person.

UNCHAINED MELODY starring Jimmy Russo & The Chords dynamic entertainment at The Grand Oak Villa in Oakville, Connecticut. Family-style meal with chicken parmesan, roast pork, roasted potato, pasta, salad, vegetable, dessert, soda and coffee. Carafes of red or white wine on every table. Deluxe motorcoach Tuesday,

Sept. 22. Cost is \$93 per person.

A BOB HOPE USO style tribute featuring Bill Johnson and Holly Paris at the Grand Oak Villa in Oakville, Connecticut. Family-style meal with roast turkey with gravy, roast beef with brown gravy, roasted potato, pasta, vegetable, dessert, soda and coffee. Carafes of red and white wine on every table. Deluxe motorcoach. Thursday, Nov. 12. Cost is \$94 per person.

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C	L	I	M	B		N	O	R		B	E	N
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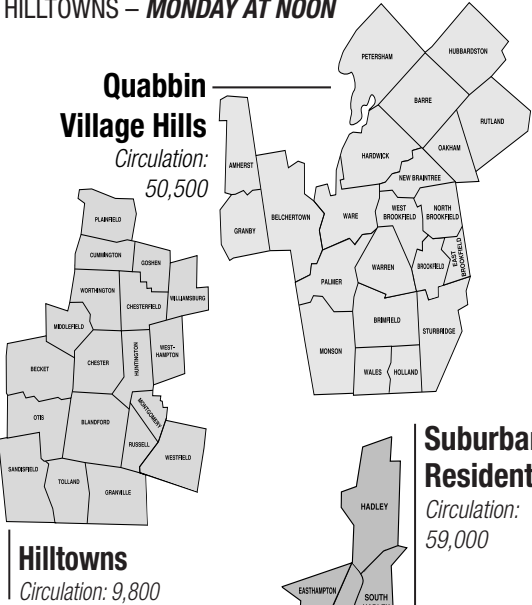
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You’ve had a stroke. What next?

Provided by *Encompass Health*
 Rehabilitation Hospital of Western Massachusetts

In their 2016 clinical practice adult guidelines on stroke reha-bilitation, the American Heart Association (AHA) and the American Stroke Association (ASA), strongly recommended stroke patients be treated at an inpatient rehabilitation facility rather than a skilled nursing facility.¹ Nearly 800,000 people suffer a stroke each year. Because of advances in medicine, many of these people survive, but many have moderate to severe physical and cognitive deficits, communication problems and swallowing disorders. Therefore, the need for effective and timely management is crucial.

An inpatient rehabilitation hospital is uniquely suited to provide a hospital level of care to stroke survivors. Patients benefit from intensive rehabilitative care under the direct daily supervision of a physician trained in physical medicine and rehabilitation. In addition, staffing includes rehabilitation nursing; neuro trained physical, occupational, and speech/language therapists; case managers and social workers. The highest level of evidence supports that stroke patients receive “organized, coordinated, inter-professional care.”²

Because of the complex nature of stroke, additional problems may include:

- Diabetes
- High blood pressure
- Spasticity
- Pain
- Bowel and bladder impairment
- Skin breakdown
- Impaired bed mobility
- Inability to manage medications
- Deep vein thrombosis

- Inability to walk
- Inability to speak, understand, read, write or solve problems
- Falling
- Depression
- Swallowing problems which may lead to pneumonia, weight loss, malnutrition and dehydration

The team works with family and caregivers to address concerns. If possible, stroke survivors should be sent directly to inpatient rehabilitation immediately upon discharge from the hospital. There is considerable evidence that patients benefit from the team approach in a facility that understands the importance of rehabilitation during the early period after a stroke.

The period of time immediately following a stroke, at any age, can be scary and overwhelming for survivors and their families. No one ever plans on having a stroke. There is an uncertainty as to what to do next. There are, often times, unanswered questions, frustration and fear. Advocating for the best, most appropriate level of care is extremely important at this crucial time and can make an impactful difference in your quality of life. With appropriate care and strong, patient centered reha-bilitation, most stroke survivors can return home with continued therapy in a comprehensive outpatient setting.

John R. Hunt, MA, CCC-SLP is the CEO at Encompass Health Rehabilitation Hospital of Western Massachusetts in Ludlow. For information on inpatient or outpatient services or to arrange a tour of the hospital, please call 413-308-3320.

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Need-to-Know Info

COVID-19 Coronavirus

Coronaviruses (CoV) are a family of viruses that cause the common cold as well as more severe diseases. Source: World Health Organization

3.4%
 The estimated global mortality rate for COVID-19, although researchers state this number may shift
 Source: World Health Organization

Protect Yourself & Others



1. Wash hands frequently with soap and water for at least 20 seconds, and always before eating; after using the bathroom; and after blowing your nose, coughing or sneezing.
2. Avoid touching your eyes, nose and mouth with unwashed hands.
3. Cover your cough or sneeze with a tissue, then dispose of the tissue in the trash.
4. Stay at home when sick until your symptoms are gone.

Source: National Center for Immunization and Respiratory Diseases (NCIRD)

This information was published on March 4, 2020. Rolling updates on COVID-19 can be found at the World Health Organization website at who.int. Updates can also be found at www.cdc.gov/COVID19.

COVID-19

SARS-CoV-2 is a strain of coronavirus that had not been previously identified in humans, making it a novel coronavirus. The disease caused by this virus is known as COVID-19. Source: World Health Organization

COVID-19 Signs & Symptoms



Fever • Cough • Shortness of Breath
 Symptoms can range from mild to severe. Senior citizens and those with underlying medical conditions like cardiovascular disease, lung disease, cancer or diabetes are at increased risk for severe symptoms that may lead to viral pneumonia and even death.
 Source: Centers for Disease Control & Prevention (CDC)

Face Mask FAQ

Should I be wearing a face mask?

NO
 ✓ Anyone who is well

YES

- ✓ Anyone with COVID-19 or symptoms
- ✓ Health workers
- ✓ Caretakers of someone infected with COVID-19

Source: Centers for Disease Control & Prevention (CDC)

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